

## Adult Swim Lesson Program

The Charles R. Drew Wellness Center believes that each child and adult should be given the opportunity to learn how to swim. Our swim lesson program is divided into different levels based on swim ability. After the student passes all course objectives he/she will be given a certificate of passing, allowing him/her to advance to the next swim level. Please sign up for the appropriate level based on the descriptions below.

### May Swim Lessons

**\$15 for Members, \$30 for Non-Members.**



#### **Adult Lessons: Beginner to Intermediate 5:30-6:15pm May 5-28<sup>th</sup> Mondays & Wednesdays**

In this class the student will:

- Feel comfortable in the water.
- Learn a kneeling dive into water.
- Learn proper rotary breathing.
- Learn front/back float.
- Learn front crawl/back crawl.
- Be introduced to freestyle/backstroke.
- Be introduced sidestroke/breaststroke.



#### **Adult Lessons: Advanced 8am-8:45am May 3-June 7<sup>th</sup> SATURDAYS ONLY**

In this class the student will:

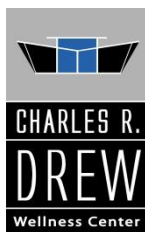
- Be introduced to flip turn/open turn.
- Learn standing dive.
- Swim 15 yards rotary breathing.
- Swim freestyle 15 yards.
- Swim breaststroke 15 yards.
- Swim backstroke 15 yards.



#### **Adult Lessons: Introduction to Lap Swimming 5:45-6:45pm May 5-June 9<sup>th</sup> MONDAYS ONLY**

In this class student will:

- Learn basic dive into streamline position followed by 25 yards freestyle w/ rhythmic breathing and flip turn.
- Complete 25 yards backstroke with flip turn.
- Complete 25 yards breaststroke with open turn.
- Complete 25 yards kick on back.
- Be introduced to butterfly with open turn.
- Be able to Tread water - Two minutes.



## **Frequently Asked Questions about Swim Lessons**

### **What do I wear to class?**

Swim trunks for men and a white or grey t-shirt is acceptable. Ladies should wear a one piece or a two piece that covers the body. No bra or halter bathing suits are allowed. Please bring goggles, flip flops and towels. Locker rooms are available for changing and storing your personal belongings. You must bring your own lock to use on the lockers.

### **What do I do if the class is full?**

Your name and phone number will be placed on a waiting list. Depending on the number of participants waiting, pool space, and instructor availability, the Aquatics Coordinator and/or Pool Manager may add an additional class.

### **Can I make up a lesson?**

No. We do not conduct make up lessons on an individual basis. If a class is cancelled due to thunderstorms/bad weather in the area or there is some kind of pool issue, then class will be made up on the Friday of that week during the regular class time (unless the instructor gives other information).

### **Can I get my money back if I cancel the class?**

There are no refunds for swim lessons unless it is an emergency (a written excuse from a medical provider must be provided). Refunds are only granted at the discretion of the Wellness Center Manager.

### **Can I register for the same class multiple times?**

If you did not pass the class or feel as though you didn't "get it", you may register again. But you cannot register more than twice for the same class. Since our time and space is limited, we would like to get as many people enrolled as possible.